

# Missouri WIC

Special Supplemental Nutrition Program  
for Women, Infants and Children

## Approved Food List



**Eat Healthy • Stay Well**

Effective April 1, 2015  
to September 30, 2015

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Participants can purchase only food items as printed on the WIC check.

## Cheese

### Cheese

#### Allowed

- Store brand only domestic, American, Cheddar (extra sharp, sharp, medium, mild), Colby, Colby Jack, Monterey Jack, Mozzarella cheeses (part skim or whole)
- Low fat/fat free cheese
- Store brand sliced American cheese only



- 8 or 16 oz block only

#### Not Allowed

- Cheese additives
- Deli cheese
- Cheese food
- Cheese spread
- Cheese product
- Individually wrapped slices
- String cheese
- Grated cheese
- Flavored cheese
- Shredded cheese
- Organic cheese

# Milk, Goat Milk, Soymilk

## Milk

- Any brand (Store brands are recommended)
- Low fat/fat free (skim, ½%, 1%)
- Whole milk and 2%
- Container size as printed on WIC check



## Non-Fat Dry Milk

- Store brand only
- 8 quart box only



## Lactose Free Milk (where available)

- Any brand
- Low fat/fat free (skim, ½%, 1%)
- Whole milk and 2%
- Half gallon container only
- Plain

## Evaporated Milk

- Store brand only
- Evaporated low fat/fat free (skim, ½%, 1%)
- Evaporated whole milk
- 12 oz can only



## Cultured Buttermilk

- Any brand
- Quart size only

## Goat Milk (if available at WIC store)

- Meyenberg brand
- Evaporated (12 oz can) (whole)
- Non-fat powdered (12 oz can)



## Soymilk

- Half gallon container only
- 8th Continent, only vanilla and original plain
- Great Value, only original



Vanilla



Original  
Plain



Original

## Not Allowed

- Almond milk
- Coconut milk
- Rice milk
- Filled milk
- Flavored milk
- Organic milk
- Sweetened condensed milk
- Glass bottles
- Milk substitutes
- Vitamite

# Yogurt

## Yogurt **New!** 32 oz Container Only



**Coburn/Save-A-Lot**  
Lowfat  
Plain  
Vanilla



**Dannon**  
Lowfat  
Plain  
Vanilla  
  
Nonfat  
Plain



**Dannon Light & Fit**  
Lowfat  
Strawberry\*  
Vanilla\*



**Essential Everyday**  
Lowfat  
Peach  
Plain  
Raspberry  
Strawberry  
Strawberry Banana  
Vanilla

Fat Free  
Plain



**Great Value**  
Lowfat  
Peach  
Strawberry  
Strawberry Banana  
Vanilla  
  
Nonfat  
Plain  
Light Strawberry Banana\*  
Light Vanilla\*



**HyVee**  
Lowfat  
Peach  
Strawberry  
Strawberry Banana  
Vanilla  
  
Nonfat  
Plain\*  
Vanilla\*



**Kroger**  
Lowfat  
Grade A Plain  
Grade A Vanilla

Nonfat  
Grade A Plain  
Grade A Lite Strawberry\*



**Schnucks**  
Lowfat  
Plain  
Strawberry  
Vanilla

Nonfat  
Plain



**ShurFine**  
Lowfat  
Strawberry  
Vanilla

Fat Free  
Plain\*



**Yoplait**  
Lowfat  
Harvest Peach  
Strawberry  
Strawberry Banana  
Vanilla

Nonfat  
Plain

### Not Allowed

- Greek yogurts
- Organic yogurts



\*contains artificial sweeteners

Yogurt comes from milk so it contains protein and other nutrients. Use it for dips or add fruit for a healthy snack.

# Tofu, Eggs, Peanut Butter, Beans

## Tofu

### Azumaya Brand:

- Firm Tofu (16 oz)
- Extra Firm (16 oz)



### NaSoya Brand:

- Silken Tofu Organic (16 oz)



## Eggs

### Allowed

- Large, white, grade A or AA
- 1 dozen package only



### Not Allowed

- Low cholesterol eggs
- Organic eggs
- Specialty eggs
- Free range
- Brown eggs

## Peanut Butter

### Allowed

- Smooth, creamy or regular
- Store brand only
- 16-18 oz jar only



### Not Allowed

- Crunchy peanut butter
- Low fat peanut butter
- Organic peanut butter
- Mixtures with jams, jellies, honey, marshmallows or chocolate

## Canned Beans

### Allowed

**New!**

- Butter beans, Fat free refried beans, Garbanzo beans, Kidney beans, Navy beans, Pinto beans and Red beans
- Bush's Best brand only
- 16 oz can only



## Dry Beans, Peas & Lentils

### Allowed

- Any variety of plain, mature dry beans, peas or lentils
- Store brand only
- 16 oz package only

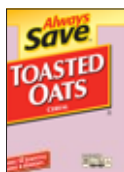
### Not Allowed

- Organic products
- Additives or flavors

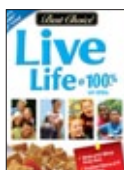
Beans are high in protein, folic acid and fiber, and have no cholesterol. Try some today!

# Cold Cereals

## Always Save



## Best Choice



## Clear Valu



## Dierbergs



## Essential Everyday



## Great Value



WIC cereals help you get the vitamins and minerals you need. Whole grain is the best way to start your day.



# Cold Cereals

## Great Value



## Hy-Top



## HyVee



## IGA



## Kroger



Whole Grain Cereal

Cereals make great snacks! Offer a variety of cereals and encourage your child to create his or her snack.

# Cold Cereals

## Ralston



## Schnucks



Bag



## Shurfine



♥ Whole Grain Cereal



Read the nutrition facts  
on the cereal box.

Buy any combination of approved cereals up to the  
ounces listed on your WIC check.



# Hot Cereals

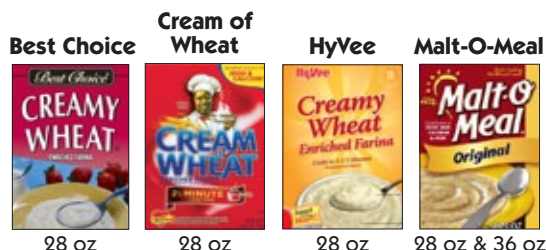


## Instant Oatmeal

11.8 - 12 oz (12 packets/box)

♥ Whole Grain

Hot Cereals



## Hot Wheat Cereal



### Go Whole Grain

1. Choose whole grain cereal for your family! It will help your children meet their fiber needs.
2. Whole grains help supply the energy your children need.
3. Try dried or fresh berries, bananas or peaches with cereal.
4. Give your children cereal options and let them make a choice.
5. Mix different whole grain cereals in a bowl and enjoy with milk.

Hot Cereals

# Fruit Juice - Women

For Women Only  
11.5 - 12 oz Frozen Concentrate



**Always Save**  
Apple  
Orange



**Best Choice**  
Apple  
Orange



**Clear Value**  
Orange



**Crisp**  
Orange



**Essential Everyday**  
Apple  
Grape  
Orange



**Great Value**  
Apple  
Grape  
Orange



**Hy-Top**  
Apple  
Orange



**HyVee**  
Apple  
Orange



**IGA**  
Apple  
Orange



**Kroger**  
Apple  
Grape  
Orange



**Midwest Country  
Fare**  
Orange



**Old Orchard**  
Apple  
Grape  
Orange  
White Grape



**Shurfine**  
Apple  
Orange



**Tipton Grove**  
Apple

## Allowed

Any of the approved store brand frozen orange juices.

Fruit Juice - For Women Only

Fruit Juice - For Women Only

# Juice 100% - Children

## For Children Only

64 oz Plastic Bottle



### Always Save

Apple  
Grape



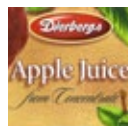
### Best Choice

Apple  
Grape  
Tomato  
Vegetable  
White Grape



### Diane's Garden

Vegetable



### Dierbergs

Apple



### Essential Everyday

Apple  
Grape  
Tomato  
Tomato LS ❤️  
Vegetable  
Vegetable LS ❤️  
White Grape



### Great Value

Apple  
Grape  
Tomato  
Vegetable  
White Grape



### Hy-Top

Apple  
Grape  
Tomato  
Vegetable  
White Grape



### HyVee

Apple  
Grape  
Tomato  
Vegetable  
White Grape



### IGA

Apple  
Grape  
Tomato  
Vegetable  
White Grape



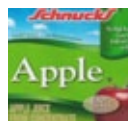
### Kroger

Apple  
Grape  
Vegetable  
Vegetable LS ❤️  
White Grape



### Old Orchard

Apple  
Grape  
White Grape



### Schnucks

Apple  
Grape  
Tomato  
Vegetable  
White Grape



### Shurfine

Apple  
Grape  
Tomato  
Vegetable  
White Grape



### Tipton Grove

Apple  
Grape

❤️ LS = Low Sodium



## Orange Juice Allowed

- Any of the approved store brands above and **Clear Value** brand in 64 fl oz (half gallon) containers of orange juice.
- Refrigerated or non-refrigerated.

Juice - For Children Only

Juice - For Children Only

# Bread, Brown Rice

## Whole Wheat/Whole Grain 16 oz Only



**Best Choice**  
100% Whole  
Wheat



**Bunny**  
100% Whole  
Wheat



**Dillon's**  
100% Whole Wheat  
Roundtop



**Essential  
Everyday**  
100% Whole Wheat



**Healthy Life**  
100% Whole  
Grain Wheat  
Sugar Free



**Healthy Life**  
100% Whole Wheat  
Whole Grain



**HyVee**  
100% Whole  
Wheat



**Kroger**  
100% Whole  
Wheat



**Nature's Own**  
100% Whole Grain  
Sugar Free



**Ozark Hearth**  
100% Whole  
Wheat



**Price Chopper**  
100% Whole  
Wheat



**Sara Lee**  
Classic 100%  
Whole Wheat



**Schnucks**  
100% Whole  
Wheat



**Shurfresh**  
100% Whole  
Wheat

Consume at least half  
of all grains as whole  
grains.

Bread, Brown Rice

Bread, Brown Rice

## Brown Rice

### Brown Rice

#### Allowed

- Whole unprocessed grain
- Store brand only
- 16 oz package only

#### Not Allowed

- Instant rice
- Organic products

# Tortillas

## Whole Wheat/Whole Grain 16 oz Only



**Best Choice**  
100% Whole  
Wheat



**Best Choice**  
Whole Wheat  
Fajita Style



**Chi-Chi's**  
Whole Wheat



**Don Pancho**  
Whole Wheat



**HyVee**  
Whole Wheat



**IGA**  
Whole Wheat



**Kroger**  
Whole Wheat



**La Banderita**  
Whole Wheat



**Mission**  
Whole Wheat



**Ortega**  
Whole Wheat



**Pride of  
Kansas**  
100% Whole  
Wheat



**Schnucks**  
Whole Wheat



**Shurfine**  
Whole Wheat  
Fajita Style

## Soft Corn 16 oz Only



**Best Choice**  
Corn



**Don Pancho**  
White Corn



**HyVee**  
White Corn



**La Banderita**  
White Corn



**La Burrita**  
Yellow Corn



**Mission**  
Yellow Corn



**Shurfine**  
Corn

Soft corn tortillas are a good source of fiber, B vitamins and folic acid. Enjoy soft corn tortillas for enchiladas, fajitas or tacos.

# Fruits

## Fresh Fruits

### Allowed

- Any variety of fresh whole, halved, quartered, sliced or cut fruit without added sugars\*
- Fruits packed in juice
- Organic



### Not Allowed

- Fresh fruits with added sugars\* or caramel
- Buffet or deli containers or party trays of fruits
- Fruit baskets
- Dried fruit or fruit roll ups
- Fruits for purchase on salad bars
- Nuts (e.g., peanuts) or fruit-nut mixtures
- Baked goods with fruits (e.g., blueberry muffins, fruit and pumpkin pies)
- Ornamental or decorative fruits
- Individual deli servings

## Frozen Fruits

### Allowed

- Any brand, type and package size
- Any plain fruit or plain fruit mixtures
- Any fruit with fruit juice, artificial sweeteners or water
- Organic



### Not Allowed

- Frozen fruit with added sugars\*

### Make Half Your Plate Fruits and Vegetables

Research shows that fruits and vegetables are important to promoting good health. Fruit and vegetables:

- Provide essential vitamins, minerals and fiber that are important for good health.
- Are naturally low in fat and calories and are filling.
- May reduce the risk of cancer and other chronic diseases.

\*Added sugars include: corn syrup, high-fructose corn syrup, maltose, dextrose, sucrose, honey and maple syrup



# Vegetables

## Fresh Vegetables

### Allowed

- Any variety of fresh whole, halved, quartered, sliced or cut vegetables, without added sugars, \* fats or oils
- Bagged lettuce, head lettuce and salad greens without flavorings, dressing or croutons
- Any potatoes
- Fresh garlic and fresh ginger
- Organic



### Not Allowed

- Buffet containers or party trays of vegetables
- Vegetable baskets
- Bagged lettuce or salad greens with salad dressings, cheese, croutons or other added ingredients
- Individual salads or deli servings
- Creamed, sauced or breaded vegetables
- Vegetable-grain (pasta or rice) mixtures
- Vegetables for purchase on salad bars
- Ornamental or decorative vegetables (e.g., chili peppers on a string, garlic on a string, gourds, pumpkins and Indian corn)
- Fresh, powdered, dried or pickled herbs or spices primarily used as flavoring

## Frozen Vegetables

### Allowed

- Any brand, type and package size
- Any kind of beans and peas (e.g., green beans, green peas, snap peas, black-eyed peas and/or soybeans)
- Regular or lower-in-sodium frozen vegetables
- Any plain frozen vegetable, frozen steamed vegetable or plain frozen vegetable mixtures without added oils, seasonings, or sugars
- Organic



### Not Allowed

- Added sugars, \* fats or oils
- Seasoned, flavored or breaded vegetables
- Vegetables with sauces (e.g., gravy, cheese sauce and/or butter), pasta, noodles, rice or any other ingredients including meat, poultry or fish
- Any French fries, tator tots, potato rounds, diced potatoes, shredded/diced hash browns or hash brown patties with added oils, seasonings, or sugars

# Shopping Tips

## Fresh Fruit and Vegetable Shopping Tips

- Check ad specials (online, store fliers, etc.)
- Compare prices.
- Buy fresh fruits and vegetables in season.

When choosing fresh fruits and vegetables that are priced by the pound, complete the following steps.

1. Place the item on the grocery scale.
2. Round up the weight to the nearest pound or half pound.
3. Estimate the cost of the item based on the chart below.
4. Write the item and price on your shopping list.



Find the price per pound in the left hand column. Read across the chart to find how many pounds you are buying and the cost of the fresh fruit or vegetable.

Price per lb.	1 lb.	1 ½ lbs.	2 lbs.	2 ½ lbs.	3 lbs.	3 ½ lbs.	4 lbs.	4 ½ lbs.
0.49	0.49	0.74	0.98	1.23	1.47	1.72	1.96	2.21
0.59	0.59	0.89	1.18	1.48	1.77	2.07	2.36	2.66
0.69	0.69	1.04	1.38	1.73	2.07	2.42	2.76	3.11
0.79	0.79	1.19	1.58	1.98	2.37	2.77	3.16	3.56
0.89	0.89	1.34	1.78	2.23	2.67	3.12	3.56	4.01
0.99	0.99	1.49	1.98	2.48	2.97	3.47	3.96	4.46
1.09	1.09	1.64	2.18	2.73	3.27	3.82	4.36	4.91
1.19	1.19	1.79	2.38	2.98	3.57	4.17	4.76	5.36
1.29	1.29	1.94	2.58	3.23	3.87	4.52	5.16	5.81
1.39	1.39	2.09	2.78	3.48	4.17	4.87	5.56	6.26
1.49	1.49	2.24	2.98	3.73	4.47	5.22	5.96	6.71
1.59	1.59	2.39	3.18	3.98	4.77	5.57	6.36	7.16
1.69	1.69	2.54	3.38	4.23	5.07	5.92	6.76	7.61
1.79	1.79	2.69	3.58	4.48	5.37	6.27	7.16	8.06
1.89	1.89	2.84	3.78	4.73	5.67	6.62	7.56	8.51
1.99	1.99	2.99	3.98	4.98	5.97	6.97	7.96	8.96
2.09	2.09	3.14	4.18	5.23	6.27	7.32	8.36	9.41
2.19	2.19	3.29	4.38	5.48	6.57	7.67	8.76	9.86
2.29	2.29	3.44	4.58	5.73	6.87	8.02	9.16	10.31
2.39	2.39	3.59	4.78	5.98	7.17	8.37	9.56	10.76
2.49	2.49	3.74	4.98	6.23	7.47	8.72	9.96	11.21
2.59	2.59	3.89	5.18	6.48	7.77	9.07	10.36	11.66
2.69	2.69	4.04	5.38	6.73	8.07	9.42	10.76	12.11
2.79	2.79	4.19	5.58	6.98	8.37	9.77	11.16	12.56
2.89	2.89	4.34	5.78	7.23	8.67	10.12	11.56	13.01
2.99	2.99	4.49	5.98	7.48	8.97	10.47	11.96	13.46
3.09	3.09	4.64	6.18	7.73	9.27	10.82	12.36	13.91
3.19	3.19	4.79	6.38	7.98	9.57	11.17	12.76	14.36
3.29	3.29	4.94	6.58	8.23	9.87	11.52	13.16	14.81
3.39	3.39	5.09	6.78	8.48	10.17	11.87	13.56	15.26
3.49	3.49	5.24	6.98	8.73	10.47	12.22	13.96	15.71

# Fruit and Vegetable Checks

## How to Use Fruit and Vegetable Checks

1. Use fruit and vegetable checks at WIC approved stores only.
2. Purchase only approved fresh and frozen fruits and vegetables.
3. The fruit and vegetable check has a maximum dollar amount printed on it. If you have fruits and vegetables that exceed the dollar amount on the check, you can:
  - Pay the difference using cash, check, credit/debit card or SNAP EBT card.
  - Pay the difference by using multiple fruit and vegetable checks together.

For example, your fruit and vegetable check has a value of \$10 and the cost of the fruits and vegetables is \$12. You may either remove \$2 worth of fruits and vegetables from your purchase or you may pay the extra \$2 with one of the methods listed above.

4. Tax will be applied to the difference if you pay with cash, check or credit/debit card.
5. If your fruit and vegetable purchase does not add up to the maximum amount printed on the check, you will not receive change back.
6. More than one fruit and vegetable check may be used for one purchase.

For example, an \$8 and a \$10 check can be used for an \$18 purchase. Some stores may only be able to allow one fruit and vegetable check for one purchase.

7. If you choose to go over the dollar amount on your fruit and vegetable check, you will have to pay the difference for the fruits and vegetables you are buying.



### New!

You can now buy fruits and vegetables using your WIC checks, along with cash, check, credit or debit card, or SNAP EBT.

# Infant Foods

## Infant Cereals

### Allowed

- Plain only
- Dry only
- 8 or 16 oz container only

### Not Allowed:

- Organic products
- Added DHA/ARA
- Added dried fruits/nuts
- Yogurt and/or Cinnamon



**Beech-Nut Classics**  
( 8 oz only)

Oatmeal  
Rice  
Multigrain



**Gerber**  
(8 or 16 oz only)

Barley  
Oatmeal  
Rice  
Whole Wheat  
MultiGrain

## Infant Fruits and Vegetables

### Allowed

- 4 oz container only
- Any stage

### Not Allowed:

- Organic products
- Added DHA/ARA



**Beech-Nut Classics**

Apples	Green Beans
Bananas	Squash
Peaches	Sweet Carrots
Pears	Sweet Peas
Apple & Banana	Sweet Potatoes
Apple & Blueberry	
Apple, Pear & Banana	



**Gerber**

Applesauce	Carrots
Bananas	Green Beans
Pears	Peas
Apples & Blueberries	Squash
Apples, Strawberries & Bananas	Sweet Potatoes

## Infant Formula

- Brand, type and size as printed on WIC check.

## For Breastfeeding Infants

## Infant Meats

### Allowed

- 2.5 oz container only

### Not Allowed:

- Organic products
- Added DHA/ARA



**Beech-Nut Classics**

Beef  
Chicken  
Turkey



**Gerber**

Beef  
Chicken  
Ham  
Turkey

Baby food meats are an extra benefit for fully breastfed infants.

# For Fully Breastfeeding Mothers

## Canned Fish

Light Tuna (5 oz)

### Allowed

- Any brand
- Water packed only
- Chunk, solid or grated
- Low sodium

### Not Allowed

- White or albacore tuna
- Added flavoring, seasonings or sauce
- Foil pouches
- Individual serving containers



Canned Salmon (5 oz)

### Allowed

- Any brand
- Pink salmon only

### Not Allowed

- Smoked, foil pouches
- Red, Sockeye or Wild Alaska Pink Salmon
- Added flavoring, seasonings or sauce



Sardines (3.75 oz)

### Allowed

- Any brand
- Water packed, tomato sauce and mustard sauce

### Not Allowed

- Hot sauce, hot green chillies
- Smoked, foil pouches
- Individual serving containers

## How to Make a WIC Purchase

### Take to the Store:

1. WIC identification (ID) folder and WIC approved food list. Use the WIC approved food list as you shop.
2. WIC checks. They must be used between *First Date To Use* and *Last Date To Use* as printed on each check.

### While Shopping:

1. Shop for foods listed on your WIC checks.
2. Buy the quantity or type listed and refer to the WIC approved food list for a complete listing of WIC eligible foods.
3. Separate your WIC foods from other foods in your cart.

### At the Register:

1. Tell the cashier you are making a WIC purchase.
2. Separate WIC food items from other food items.
3. Give WIC check to the cashier before items are scanned.
4. Separate the foods for each WIC check being purchased. Each check must be redeemed separately.
5. Show the WIC ID folder to the cashier for signature verification. The cashier may request other identification.
6. The cashier will write the purchase date and the total sale amount on the WIC check.
7. The cashier verifies the signature on the WIC check with the authorized signatures on the WIC ID folder.

# Frequently Asked Questions

- Q. May I use my WIC checks in another state?  
A. No, Missouri WIC checks can only be used in Missouri.
- Q. What happens if my checks are lost, stolen or damaged?  
A. Notify your WIC office.
- Q. Do I get change back if I don't use the full amount of my WIC check?  
A. No, the stores are not allowed to give you change back for unspent money on your WIC check.
- Q. Can I change the foods listed on my check?  
A. No, only your WIC office can change your food package. If you have concerns or special needs, be sure to talk to your WIC nutritionist before your checks are printed. They may be able to adjust your food package. Do not write on your checks or alter them yourself.
- Q. Who do I need to contact if I have questions about WIC foods?  
A. You need to contact your WIC office.
- Q. Do I need to purchase everything listed on my WIC check?  
A. No, you are not required to pick up everything listed on your check.



## **Missouri Department of Health and Senior Services WIC and Nutrition Services**

P.O. Box 570  
Jefferson City, MO 65102-0570  
573-751-6204  
**health.mo.gov/wic**

DHSS is an equal opportunity/affirmative action employer.  
Services provided on a nondiscriminatory basis.

Alternate forms of this publication for persons with disabilities may be obtained by contacting the Missouri Department of Health and Senior Services at 573-751-6204.

Hearing- and speech-impaired citizens can dial 711.  
USDA is an equal opportunity provider and employer.

WIC-640 (04-15)